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AUTHOR Caldwell, Stratton F.
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ABSTRACT

This report briefly describes the recent search for personal and interpersonal growth which has been termed the "Human Potential Movement," and the institutions or "growth centers" which have evolved as a result of this movement. It presents a list of body, nonverbal, and movement experiences derived from descriptive literature of the growth centers identified in the 1974 annual list of such centers published by the Association for Humanistic Psychology (AHP), as well as others not included on the AHP list. The report contains an alphabetical listing of 21 of the more common approaches to body, nonverbal, and movement experiences with many of their meanings presented. The report also includes a bibliography and a reference list for further information about the approaches listed. (BD)

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THE HUMAN POTENTIAL MOVEMENT: BODY/NONVERBAL/MOVEMENT APPROACHES TO HUMAN GROWTH

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Stratton F. Caldwell, Ph.D.
Department of Physical Education
California State University, Northridge

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Introduction

During the 1960's, and continuing into the 1970's, a social movement emerged, developed in the United States focused upon the search, demand, need of many for a different, changing America ..., for the fulfillment, realization of the American Dream. This movement, person-centered/humanistic in intent, is manifest in the demands, wants of many "minorities", i.e. .., the poor, aged, chicanos, indians, migrants, unemployed, blacks, gays, women .., for more equal sharing, participation in the American experiment.

The Human Potential Movement

One facet of this social, humanist movement has developed, focused not upon meeting the social, political and economic wants and needs of the disadvantaged and dispossessed, but rather the psychological/sociological/spiritual hunger of many affluent and advantaged citizens in pursuit of personal/interpersonal/transpersonal/organizational growth, awareness, change, enlightenment. This quest has been aptly termed the "Human Potential Movement" or "Human Potentialities Movement".

The search for personal/interpersonal/transpersonal/organizational growth, awareness, change, enlightenment is evident in innumerable "educational", "growth", "therapeutic", "spiritual" forms, environments, avenues, ways, strategies, methodologies, experiences, approaches available to seekers[1].

Growth Centers

Institutions, settings, places for the development/facilitation of personal/interpersonal/transpersonal/organizational growth, change, awareness and enlightenment have developed, emerged all over the United States and throughout the world during the 1960's and 1970's. Such endeavors are called "growth centers" and have evolved as non conventional social experiments/innovations/inventions. Growth centers emphasize humanness, wholeness, the integrated totality of the person, providing experiences for individuals valuing sensing/feeling/varied ways of knowing as means of personal/interpersonal/transpersonal/organizational facilitation of growth/change in awareness, consciousness, behavior.

Body, Nonverbal, Movement Phenomena

Within growth center experiential emphases is a strong valuing, focus upon mind/body, sensory, emotional, mental spiritual union, ... integrated, unified, total holistic human beings. There has been a rediscovery, renaissance, resurrection of the body as central, integral, valued in one's unified being and becoming. How different from conventional educational institutions valuing primarily the life of the mind, ... with rational, logical, material, symbolic forms and processes overtly/covertly excluding/demeaning/devaluing the worth, significance of body/nonverbal/movement phenomena.

In a continuing endeavor to identify and understand the scope, emphases and meaning of experiences centered in and/or encomprising body/nonverbal/movement phenomena in growth centers, letters were sent in the fall of 1970, 1972 and 1974 to growth centers throughout the world asking for their descriptive literature. Growth centers were identified in the 1974 study from the annual list (1974) of such centers published by the Association for Humanistic Psychology[2]. Over 170 pieces of descriptive literature were received from centers on the AHP list (274 centers) and others not included on the AHP roster.

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[1]See Caldwell, S.F., "The Human Potential Movement" (April, 1971), (January, 1973), (April, 1973), (March, 1975) and/or The Physical Educator, December, 1974, and March, 1975 issues.

[2]Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.

Examination of the titles and descriptions of offerings in growth centers revealed an incredible variety and number of body/nonverbal/movement forms, approaches, methodologies, programs, practices, procedures, paths, ways, emphases, resources, opportunities for personal/interpersonal/transpersonal/organizational growth, change, awareness and enlightenment involving body/movement/nonverbal phenomena.

Body/Nonverbal/Movement Forms/Approaches ....

Among the vast and differing number of body/nonverbal/movement experiences/offerings/emphases included in growth center literature received, were the following: bioenergetics, body awareness, meditation, nonverbal communication, gestalt awareness, yoga, psychogymnastics, massage, hypnosis, breathing, centering, tai chi chuan, continuum, aerobics, biofeedback, Alexander technique, Reichian therapy, kinhin, space awareness, structural integration, polarity therapy, accupuncture, sensory awareness, neo-Reichian work, Arica, movement therapy, dance, movement, Feldenkrais, shiatsu, reflexology, trance dance, acupressure, touch, energy work, stretching, kung fu, asanas, chiropractic, biorhythms, auto-suggestion, sensing, nudity, sensory saturation, pranayama, aikido, healing, trance induction, physical dynamics, body language, group energy, physiosynthesis, body numerology, somatography, wu chi, blending, movement spontaneity, psychopantomime, kinesic technique, structural patterning, eurhythmics, creative movement, spinal control/release, jogging, focusing, sensation primals, energetic anatomy, sexercises, resistance conditioning, do-in, consciousness awareness, body release, body rhythms, sufi exercises, moving meditation, kath generation, walking japa, bio-relaxation, endurance, flexibility, strength, inner space disciplines, physical character analysis, energy work, skiing, tai-do, grounding, psychosynthesis, play, sexuality, karate, psychomotor training, homeopathy, lomi body work, sport, Proskauer breathing techniques and autogenic training[3].

Body/nonverbal/movement experiences/offerings/emphases listed/included in growth center descriptive literature with repetition and frequency included: Gestalt; the body; sensory/body awareness; bioenergetics; massage; energy; meditation; encounter; psychosynthesis; tai chi chuan; structural integration (Rolfing); Yoga; biofeedback: dance; Feldenkrais; breathing; structural patterning; polarity therapy; Reichian/Neo Reichian work; aikido; relaxation; the Alexander technique; sport; centering; arica; movement/dance therapy; acupuncture; healing; shiatsu; lomi body work; psychomotor therapy; sufi exercises/dancing; primal therapy and weight control.

In an attempt to introduce and acquaint individuals unfamiliar with the multitude of methodologies, practices, procedures, systems, avenues, ways, resources, opportunities and experiences focused upon nonverbal/body/movement experiencing as approaches to human growth, development, change and awareness existing within the Human Potential Movement, twenty of the more extensively cited approaches are identified and accompanied by many of the meanings ascribed to these phenomena:

Aikido ... Japanese self defense art emphasizing centering, energy awareness, harmony; non-competitive, non-resistive Japanese spiritual martial art; non fighting martial art; physical expression of energy awareness; physical manifestation of energy, spiritual laws of the universe; mind/body unification, integration; effortless action; sensing, blending with, directing energy flow; ki development, training, use.

Alexander Technique (The) ... method of body re-education; combination of mental direction and body reorganization through gentle, subtle hand manipulation/touch; developing more correct, natural movement, relaxation through specific direction to head, neck, torso; integration of posture and movement; applying sensory awareness.

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[3]Information about some of these approaches and related phenomena may be found in references cited at the end of this paper.

inhibition, conscious choice to everyday movement activities, patterns; developing, becoming conscious, aware of harmful physical/movement postures, positions, habits; relearning of basic postural movements; heightening, increasing self/body awareness of movement, posture.

Awareness (Sensory/Body) ... experiential, nonverbal approach, way utilizing nonverbal, movement experiences, sensing (taste, touch, smell, sight, hearing, kinesthesia) and concentrated, focused attention to awaken, revitalize, become conscious of our bodily, affective, sensory existence; integrating senses, thoughts, emotions to become sensitive to our aliveness, awakeness, being ..., our integrated body/mind/emotions/spirit life; energy development, liberation; coming to, awakening our senses; developing body/sensory sensitivity; quieting non essential mind chatter; heightening awareness, expanding self, experiencing joy, delight through such activities as sitting, breathing, touching, moving; stilling ideas, allowing authentic functioning through sense perception; focusing attention on bodily functions.

Bioenergetics ... therapeutic method, process, approach, technique focused upon bodily manifestations of neuroses evident in body structure, function, expression; freeing emotional expression, feeling through/by freeing, unlocking the body; discharging, dissolving bodily, muscular tensions, blocks, armor, rigidities; stopping, blocking, impeding energy flow through the body; increasing aliveness, feeling, sensations, pleasure, existence through vigorous body movements, stress postures, breathing exercises, sounds, reeducating/reexperiencing/reclaiming the body; getting back in touch with the body.

Biofeedback ... volitional self-regulation through feedback (visual, auditory, tactile) monitoring (electronic instrumentation); voluntarily willing (volition), allowing, control, modification of internal, autonomic, biological, physiological, neurological states, activities; altering internal states as desired; exploration of neurophysiological basis of consciousness; voluntary regulation of brain waves, muscular tension, temperature, blood pressure, heart rate ... (bodily processes, phenomena); instantaneous, objective, electronic feedback of internal states.

Breathing ... breathing/breath is life; purifying/recharging/reenergizing the organism; meditation focus of attention, awareness, concentration; method, way of changing, altering (hyperventilation) consciousness/awareness; body/sensory awakening, awareness; deep breathing exercises; group energy development; loosening/releasing tension, letting go; way to calm, quiet the mind; emotional release, catharsis; facilitation of well being, psychophysical integration.

Dance ... a form of spiritual growth; a tool/instrument for self awareness, awakening, release, psychological freedom, one's interior universe; energy flow; centering, integration of the inner and outer worlds; trance dance; Sufi dancing/chanting; body language, non verbal expression, communication; Greek, Cretan, Indian classical dance, mudras, free movement; movement fantasy; body, being and presence in the world; moving with collective energies; increasing body consciousness; releasing body tensions; dance as a universal, the essence of self/life.

Encounter ... intensive, interpersonal meeting, sharing, risking, caring, expressing, feeling, acting, understanding, experiencing between two or more people in a here-and-now group situation, setting; moving beyond roles, masks, facades, labels, stereotypes, images to risk discovery of what self, others are, can be; support, valuing, encouragement of development, evolution of new forms of behavior; development of awareness of interpersonal relationships with others; emphasis upon personal honesty, openness, actions, experiences, direct expression of perceptions, feelings rather than theorization, intellectual understandings; verbal and non verbal (sensory awareness, bioenergetics, massage, movement, gestalt, structural integration, meditation, etc.) approaches, technique utilized; assuming, taking responsibility for one's own experience, behavior.

Energy ... the body as an open energy system; sensing, freeing, changing, ~~experiencing, directing; rechanneling energy/flow; actualizing inner energy; exploring~~ energy awareness; energy generation, development, building, expansion; discovering new energies; preventing energy rip-offs, blocks, drains, inhibitions; bodily energy balancing, rebalancing; awareness, development of personal and group energy fields; energy sharing, centering, focusing, grounding, integration; energy fields existing within energy fields; energy centers (chakras); healing energy.

Feldenkrais ... method/system of sequential movements, exercises designed to free body energies, release fixed body patterns; breaking fixed, established movement patterns to increase movement range, flexibility; mobilizing and re-educating the body/self; system of body awareness, movement and functional coordination; heightening movement awareness to increase movement capacity, ease; corrective body movement patterns; redirection of the brain's habituated responses to movement in the gravitational field; movements to improve balance, posture; alternative ways, means of body improvement; awareness in action; developing increased body intelligence, kinesthetic self-awareness.

Gestalt ... philosophy, theory of growth integration, therapy (Gestalt therapy); humanistic, growth centered approach to living emphasizing bodily present centeredness (here and now moment by moment existence); awareness, encounter; nonverbal expression; what IS rather than what WAS, should be, might be; fully sensing, feeling, thinking: taking personal responsibility for ones thoughts, actions, feelings ... life.

Body (The) ... focus on the body in relation to: the alive body; bodily wisdom, intelligence, ability to heal itself; being in touch with our body; psychophysical integration, harmony, unification; releasing, freeing, mobilizing, increasing blocked energy flow; vitalizing energy centers; releasing, dissolving, freeing bodily/ muscular strain, tension, feelings, body armor, blocks; increase, improve, develop muscle tone, strength, flexibility, endurance, vigor; body, postural, structural correction, alignment, re-alignment, patterning, re-education; nudity, sexuality; nonverbal expression, communication, language; awareness of attitude toward, acceptance-unacceptance, importance of body, bodily life.

Massage ... simple, direct way of getting, being in touch with someone else; interpersonal touch experience; sensory awakening, re-awakening; loving, tender, caring, intensive relationship, form of communication between two people; heightening, deepening, intensifying body awareness, consciousness, energy flow; releasing, integrating, balancing body energies; a way of caring; a form of meditation; application, use of psychic healing energy; relaxation, reduction of muscular tension; heightening, increasing one's sense of existence, well-being, aliveness; healing art; experiencing, enhancing interpersonal trust; energy exchange, flow, rhythm between giver and receiver of massage; bodily acceptance, nourishment; energy centering, balancing; Esalen, Swedish, Shiatsu, reflexology, polarity, tai chi, psychic, oriental, self, sensual, etc. ... massage; releasing trapped, blocked energy; structural change, realignment.

Meditation ... way, means for quieting, calming, stilling; concentration, awareness, focused attention; clearing the mind; relaxed awareness; detached observation; letting go of, stilling thought; passive, relaxed, receptive attitude; internal experiencing; awareness expansion; relinquishing customary modes of thinking, perceiving; way, means for altering, changing consciousness; shifting from external to internal attention; restricting awareness, opening up awareness; one pointedness; present centeredness; awakeness; consciousness deautomization; oneness/unity; reflective to direct living; meditation through visualization, sound, body processes, movement, objects, colors, living ....

Movement ... is/as: life; risk taking; ritual, celebration, ceremony, happenings; creative self-expression; a way of centering oneself; part of/daily life; discovering, knowing one's bodily sensations, awareness, feelings, rhythms; awakening, spontaneity, joy; self-realization; free, real, authentic, true expressiveness; stimulating, releasing energy flow; meditation; breaking limiting tensions, patterns, structures; exploring one's potentials, possibilities; a path, way of developing, actualizing psychic abilities.

Polarity Therapy ... intensive, deep finger pressure point massage, manipulation to remove, release tensions, energy blocks, balance energy currents, flow, realign posture; energy flow enhancement; directing body energy through finger pressure; balancing body life energies; theoretically, practically similar to Chinese acupuncture.

Reichian/Neo-Reichian Work ... character attitudes expressed in, through the body; opening feelings blocked by chronic muscular tensions, contractions, armor restricting energy flow; body/nonverbal approach, techniques for deep emotional release; releasing chronic tensions, unblocking muscular contractions freezing body energy; the person as a biological, energetic process, a bio-energy system.

Sport (Esalen Institute) ... creation, development of new ideas, practices, methodologies in the teaching of lifetime sports; joy of participation, exhilaration of excelling; sport as yoga, altered states of consciousness, extraordinary powers; holistic training approaches; play, games, sports, mind-body disciplines, wilderness as ways, means of realizing, actualizing human potential; energy awareness, blending, centering; sport, play, games as experiencing self here and now, mind-body unity, personal responsibility, stress, spontaneity, risk taking; psycho-physical development, heightened body; physical awareness; utilization of sensory awareness, aikido, tai chi chuan, Feldenkrais, hatha yoga, meditation, energy awareness, centering, encounter, Gestalt, role playing, psychosynthesis.

Structural Integration (Rolfing) ... realigning body structure; body realignment to release chronic muscular tensions and increase movement efficiency, balance, energy, physical and emotional freedom, general well being; restoration of muscular function, release chronic muscle strain; physical manipulation to remove stress, blocks to total whole mind-body system; rearrangement of major body segments about vertical plumb line of gravity; organismic reawakening; direct physical manipulation and deep massage of myofascial structures.

Tai Chi Chuan ... ancient Chinese exercise, movement discipline pursued for health, balance, relaxation, centering, energy flow, coordinating, meditation, awareness, self-defense; moving meditation; graceful, slow, fluid, flowing movement; centering in the midst of activity; harmony of breathing and balance; martial art; exercise system for physical/mental harmony through relaxed movement; mind/body unification, transcendance through movement.

Yoga ... union; developing, increasing, expanding self awareness, consciousness, spiritual awareness, energy, inner calm, tranquility, quiet, mind-body control, integration, deep relaxation through yoga postures, exercises, breathing techniques, relaxation exercises, diet, chanting; western sport (expanded, altered states of consciousness) as yoga; way of centering the body; developing, increasing body awareness; energy awakening, development, renewal; increased flexibility, relaxation, movement efficiency.

Physical Education

There are some indications that acceptance/use/diffusion/institutionalization of growth center emphases in body/movement/nonverbal phenomena is occuring as colleges and universities, experimental college classes and university/college extension classes in California have offered/are offering experiences in tai chi chuan, structural integration (rolfing), structural patterning, Feldenkrais, Zen movement,

~~kundalini yoga, hatha yoga, bellydancing, meditation, inner game of tennis, bio-~~ feedback, hypnosis, Asian martial arts, body awareness, breathing, bioenergetics, polarity therapy, gestalt, karate, etc.

Movement/nonverbal/body oriented experiences can/could be utilized by physical educators, dance educators, coaches, athletic trainers, etc. in their work to experiment with, test out and try new, different, program experiences, practices and procedures as they feel competent, comfortable, skilled, mature and secure enough to risk enrolling in/taking such classes/courses and then sharing their learning/growth/understanding with their colleagues and their students.

New opportunities, new alternatives, new directions, new purposes/forms/meanings for body/movement/nonverbal experiences for people in athletics, physical education, recreation, dance, sport, etc., exist ..., are here now.

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